

Introduction to Counselling and Psychotherapy

TRAINING
PROGRAMMES

OCTOBER 2012

Ref. D12



This course has been set up for people who are interested in the mind and mental health. It provides a psychodynamic approach to understanding human emotions and behaviours and an introduction to the field of talking therapies.

It is suitable as an introductory course for those seeking a qualification in counselling or psychotherapy in the longer term. It is also a course for practitioners in mental health care seeking CPD, who wish to deepen their understanding of clinical work.

The course is delivered through a combination of theory lectures, clinical discussion and reading seminars together with personal tutorials. It links with a variety of further training at the Tavistock and Portman Clinic.

Aims

The course aims:

- To develop an understanding of unconscious processes.
- To critically reflect on the importance of primitive ways of communicating in the work setting.
- To define and understand processes which interfere with the therapeutic encounter.
- To introduce the range of psychotherapeutic work, including different paradigms and modalities within the public sector.
- To develop understanding of the relevant aspects of psychodynamic theory.
- To engage students in the application of psychodynamic theory to aspects of their own working life.

The course is not assessed and there are no written assignments other than the necessary preparation for presentation in seminars. Instead, it provides a variety of settings in which learning can take place.

Membership

The course is open to anyone who is interested in the wider understanding of psychotherapeutic work. The course will also be of particular interest to doctors pursuing careers in psychiatry or general practice, psychologists, nurses, social workers, GP or other NHS counsellors and those working in a helping capacity in social services and the voluntary sector.

Entrance requirements

It is expected that applicants will have an interest in the therapeutic and anti-therapeutic factors in helping relationships, and a wish to make a deeper study of these with the aim of improving and developing their practice. Some students who are not currently working within a mental health setting may require a specific placement for the duration of the course. They will be advised at enrolment on finding and negotiating a placement.

Selection requirements

Following receipt of application forms, there will be an interview with one of the teaching staff. Accepted students will be expected to make their own arrangements for attendance at the course; this may involve negotiation with employers.

Time commitment

The course consists of three 10-week terms. It is held on Tuesday mornings, 9.30am - 12.30pm.

Student support

Students will be allocated a tutor for the duration of the course. The course aims to help students develop new ways of understanding their work or their placement experience, and to offer an opportunity for reflecting on their own assumptions and beliefs. The clinical discussion group in particular will aim to provide safe and supportive opportunities to explore anxieties and difficulties students may have about their work or placement.

Personal therapy

This is not a requirement but may be found helpful by students. This possibility can be discussed at interview or at subsequent tutorials.

Course structure

There are two sessions, divided by a break.

1. Clinical Discussion

(9.30 - 10.40am)

These are held weekly throughout the year. The purpose of these seminars is to study students' work situations from a psychodynamic perspective and to develop learning from experience. Students, in turn, present therapeutic encounters from their own setting in a group facilitated by a psychotherapist experienced in this aspect of work. Topics that may emerge for discussion include: The dynamics of multi-disciplinary teams, the importance and need for supervision, boundary issues, issues of leadership and authority, institutional defences, institutional change and reorganisation, as well as particular patient's psychopathology such as aggression, self-harm, depression and psychosis. A number of reference articles are provided so that students are able to deepen their knowledge including that of organisational and group phenomena. Students requiring voluntary placements will be offered advice at interview.

2. Theoretical Lectures

(11.20 - 12.30pm)

There are 15 of these held fortnightly throughout the year. The theoretical lectures begin with a brief overview of the public sector psychotherapeutic domain. Then follows an overview of the main theoretical ideas in psychoanalytic thinking. Beginning with an introduction to the unconscious, based on clinical material and vignettes, the lecture series builds up an understanding of central ideas. Readings are provided to act as references and a focus for further thinking. Time is allowed for discussion in the seminars, so that concepts can be understood clearly and in depth, and questions addressed. As the course progresses, students will be able to use these ideas and apply them within the clinical discussions.

3. Reading Seminar

(11.20 - 12.30pm)

There are 15 of these held fortnightly, alternating with the Theoretical Lectures. Readings will be indicated at the beginning of the course.

Each seminar will begin with a student's presentation of the reading(s) for that particular week. This will be followed by a group discussion facilitated by a member of the teaching staff.

4. Tutorials

Each student will be assigned a personal tutor at the outset of the course and will normally stay with that tutor throughout. In addition to this some Group Tutorials will be scheduled during the year.

5. Lecture Topics

Beginnings

The context of the work

The Psychoanalytic Frame – Freud and the unconscious
Psychoanalytic concepts – transference and countertransference/phantasy/containment and reverie

The Psychoanalytic Frame – Klein and the paranoid schizoid position/depressive position

Infancy and childhood

Adolescence

Feelings and expectations of professionals in therapeutic relationships

Adult development and ageing

Trauma

Clinical supervision

Psychotherapeutic experience-projective identification

Feelings and expectations of clients in therapeutic relationships

Acting out

Separation, endings and depression

Risk assessment

Deliberate self-harm and suicide

Career choice and the unconscious

Evidence-based practice

The psychotic state of mind

Personality disorder

Group relations and institutions

Endings

Reading lists

These are revised annually and will be available to students once they have registered and paid academic fees.

Accreditation

Approved by the Royal College of Psychiatrists, under CPD Module C Recommended as a CPD course by the British Psychological Society.

Organising tutor

Sue Hickman

FURTHER INFORMATION

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